

SOULFUL GARDENING

THE SEVEN CHAKRA SISTERS

*Katherine Weber-Turcotte catches up with Dr. Linda Linker Rosenthal to talk about her new book, *The Seven Chakra Sisters*.*



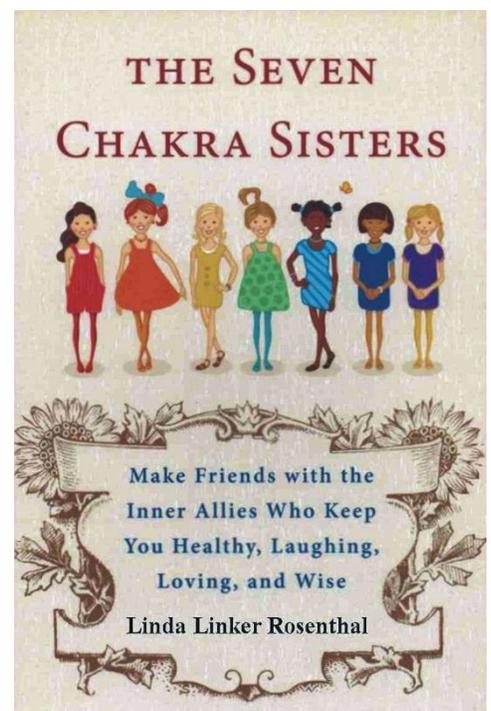
OK. I have a confession to make. I'm suffering from Fergetcha Kundameanie. I think I can hear some of you gasp as you read this. I hear tongues clicking and see heads shaking. Those of you in the medical field, I bet I have even you stumped. Hell, I didn't even realize I had it; it snuck up on me slow and steady. However, once it took hold, it started to spread like wildfire.

My seven dear sisters are infected. Dis-ease has taken over. We must all rally together and get our Fundalini back before the castle begins to crumble. What? You didn't realize that I had seven sisters that live in a castle? You do too. Meet your seven sacred chakra sisters: Aneeda, Ivanna, Ahafta, Ahluvya, Singya, Useeme and Iamone. They all reside in the crystal castle, a metaphor for our human body.



Author, Linda Linker Rosenthal has pulled out all the stops and taken chakras to a new level with her engaging book, *The Seven Chakra Sisters*. Her unique story weaves a magical tale that takes us on a visual, colorful and sensual journey with/through each of the seven chakra sisters that reside in the crystal castle.

I want to thank Linda for taking time out of her busy schedule to do this interview. So, get ready to rock your chakras.



What epiphany inspired you to write this book?

I can't really put my finger on exactly what inspired me to write this particular book. It didn't seem to be an immediate blast of knowing. I think it simply evolved out of my own studies of the chakras when I needed to heal myself from many dysfunctional relationships.

Thankfully, I've come to trust my soul, which leads the way when it comes to any decisions I make. I've been having epiphanies since I was very young, little ah-ha moments that have come through dreams and in meditative walks when my life was in disarray at home. Actually, I used my nature walks as a way to escape some very negative energy in my marriage. That's when I met Grandmother Tree who talked to me and guided me to always trust my intuition. So, I suppose I could say that initially it was a magnificent tree that inspired me to step into my own power and to find my authentic voice.

I believe it was my higher self talking to me and encouraging me to tell the story of our common spiritual energy. My inspiration came from my own personal journey and many years of writing journals so I could express my feelings, since I felt for so long that no one could or would listen to me, other than Grandmother Tree. After meeting other

healers and learning about chakras, I was intrigued to know more about how to use the chakras for healing.

I was inspired to write my book as a fairy tale, like a modern fable filled with both fact and fantasy. I believe that when our imaginations are ignited through storytelling we learn easier and can retain new ideas longer. Once our inner vision is stimulated, we can be free to create new ways of thinking outside the box. This is why I depicted the human body as a crystal castle where the seven chakra sisters reside.

Can you tell us a little bit about each of the Chakra Sisters?

While I was going through turmoil at home with my husband's growing addiction problem, I realized that I kept saying things to myself like: "I need better friendships for some moral support. I need to start fending for myself since my husband is withdrawing so often. I need to take better care of myself before I get too sick to take care of my children. I need to trust myself more." That's when the first chakra sister, Aneeda, came to me. I felt that if I could relate to my chakras as my sisters, then I could make friends with them and let them help me, energetically (and psychologically) speaking.

So, Aneeda is the Root Chakra sister who helps us build a strong foundation for

our lives. She keeps us grounded and connected to nourishing love from Mother Earth. She gives us a sense of safety and the ability to trust that we can survive, no matter what. She is the one who reminded me to eat nutritious food so I could stay healthy and strengthen my immune system. It was Aneeda's tug on my legs and feet that made me go out to walk in nature so I could feel alive rather than stifled from the heavy energy in my own home.

Aneeda and I worked hard together at getting my basic needs met. I had to build my life upon her stability. But, I also didn't want to work hard all the time. I wanted to enjoy life again. I wanted to have healthy relationships and to feel at ease around people. I wanted to take a break from all of my necessary responsibilities and have some fun. That's when Ivanna showed up in my sacral chakra. I kept hearing her say, "Ivanna play! Ivanna dance! Ivanna love and be loved!"

Ivanna is all about our wants and desires. She guides our emotional body and gives us the pleasure of the senses. She is our watery nature that helps us to go with the flow of life.

Ahafta stokes the fires in our solar plexus, giving us the energy and stamina we need to keep moving. I knew that after my basic needs were met with Aneeda, and Ivanna and I were at least

enjoying some new adventures in life, that I would have to have plenty of courage and confidence if I wanted to get anything worthwhile accomplished. Ahafta is the third chakra sister who governs our digestion and metabolism and because she uses fire energy, I call her my MOTORvator. She is the one who motivates us to achieve our goals with excellence and encourages our high self-esteem.

Ahluvya lives on the fourth floor, at the center of the castle, in the heart. She balances our energy, operating between the worlds of our human ego and our spiritual essence. She reminded me to express love in all situations, even when circumstances were the most challenging for me. It was Ahluvya's love that helped me keep my sanity. She showed me how to have compassion for all people who were suffering from fear and addictions of any kind. Her heart center is vast and expansive and we can consciously feel that open space each time we take a deep breath or listen to our own heart beating to the constant rhythm of love, love, and more love.

Singya is the throat chakra sister who governs how we express Ahluvya's love into the world. Singya purifies all the sounds within us and around us. She distils anything that is discordant and brings harmony to the whole castle.

Singya is the chakra sister that makes us speak our truth, honestly and clearly.

At the brow chakra, I found Useemein in her quiet insight chamber and delighted in her inner visions. We meditate together so we can explore creative and imaginative ways to perceive all life. Useeme sees everything that the rest of the chakra sisters are doing and thinking and keeps everyone in line (that's where the aligning of the chakras takes place, it's up to what we are thinking in every moment.).

Once Useeme has called forth our angelic helpers and spiritual guides, it is Iamone, the crown chakra sister who ultimately floods us with the knowing that we are our own spiritual teacher. Guru is spelled G U R U, meaning 'gee, you are you'. She opens the skylights to the top floor of our crystal castle and connects us to the grandest mysteries of the greater cosmos. Iamone's name means I am one and it is her pure consciousness that reminds us we are spiritual beings having human experiences.

How important are the chakras in relation to our health (physical, mental and spiritual)?

The word chakra means spinning wheel or wheel of light. The chakras are the portals where vital energy enters and exits the body. It is our thoughts (our

mental/emotional body), that actually determine the amount of energy in each chakra. That energy relates to our consciousness and the vibrational rate or spin of the chakras. If we have thoughts that are fearful or angry for example, our energy will be sluggish and slow, consequently leading to poor physical health and a lack of vitality. Our spiritual consciousness can enliven the chakras, reminding us that we are ultimately the creators of our overall health and life experiences. So, our spiritual health comes first, inspiring thoughts of our higher nature and feelings of love that finally determines the health of our physical body

What is the connection between our chakras and our aura?

For those who are clairvoyant (clear vision/ seeing), the aura can be seen as an egg or 'bubble of light' and color that surrounds the physical body. When our chakra sisters are happy and in harmony together, our chakras open at their specific frequency or rate of spin, which creates the aura of rainbow colors around us. A healthy person has a well-defined aura that is strong and bright. If our chakras are closed or out of balance with each other, the aura will appear to have distortions, like holes, tears or cloudiness in certain areas relating to a specific chakra.

What is Forgetcha Kundameanie, in the real sense and why we must be mindful of its presence?

Fergetcha Kundameanie represents all the parts of humanity that are operating out of fear, ignorance, and divisiveness. Instead of the Kundalini energy that brings connection, vitality and life, Kundameanie is just the opposite and works to shut us down or keep us feeling small and limited. This character in the book is the antithesis of good health and happiness. She casts spells of forgetfulness, which cause us to think and act in ways that are not of our highest spiritual essence. By her illusions and condemnations, she causes our energy to contract, which makes us feel isolated, judgmental, separated from one another and disconnected from our divine nature. It's important to be mindful of her presence whenever she shows up, so we can correct our faulty thinking and return to the beauty of our soul's wisdom and love. Everyone is susceptible to a wicked Kundameanie spell because she is the part of our untamed ego that can raise her ugly head inside of us in any moment for any reason!

Is one chakra more vital than the others are?

No, as I've stated earlier, each chakra has its own specific qualities that helps us

raise our level of consciousness.

Everyone is important, and I stress in the book that all the chakra sisters must work together as a cohesive team!

Can one simple chakra imbalance cause the crystal castle to crumble?

No, one chakra sister who is having a bad day won't cause the castle to collapse.

However, one simple chakra that refuses to work overtime with the others can cause a lot of dis-ease in the whole system.

What role does synergy play in the balance of the chakras?

It is wise to recognize the best qualities of each chakra and live to their highest ideals. Each chakra is like a stepping-stone to the next higher level of our awareness, of who we are as conscious, spiritually guided, divine human beings.

Why is the dialect between our chakra energy centers so important? How do our thought patterns affect our chakras?

The most important metaphysical teaching is that energy follows thought. What we think affects our chakras in every way. When we are loving to ourselves, our chakras are in harmony, which means they are interacting and playing together peacefully. If we are thinking negative, self-defeating or sabotaging thoughts, then our internal

dialogue will be defensive or argumentative in some way, and that causes inner conflict and a very unhappy household of chakra sisters!

What fuels our chakras? And, what can we do to provide them with good nourishment?

Aneeda – root chakra - needs physical exercise, fresh air, connection to nature and her ancestors (belonging to her ‘tribe’), healthy organic/ homegrown food, and the ability to trust in Universal Abundance. She needs to feel safe. Feed her red and root foods.

Ivanna – sacral chakra - wants to feel all of her emotions. She is fueled by going with the flow. She enjoys her sensual, sexual nature. Her nourishment comes when we allow her to use all her senses with enthusiasm, and when we make sure she sets healthy boundaries around all of her many desires. Give her plenty of juicy oranges.

Ahafta – solar plexus chakra - is fueled by letting her responsible nature stay motivated. She loves challenges and excels when her I can do it attitude is allowed to manifest. Give her sunshine, fire and lots of yellow foods.

Ahluvya – heart chakra - needs open spaces and lots of deep breathing exercises. She is nourished by sharing love for herself, for her chakra sisters, for

all people, plants, animals and the earth. She is fueled by being in service to others with a sense of purpose, joy, and compassion.

Singya – throat chakra - loves blueberries and everything musical. Surround her with instruments and creative sounds of all kinds. Singya is also nourished when she can be in total silence. She loves listening as well as expressing. She is fueled by speaking the truth with kindness in her voice, even if that means telling it like it is to someone who doesn’t want to hear it.

Useeme – brow chakra – is nourished by meditation practices. Give her patterns, colors, lights and plenty of activities to stimulate her imagination, like art supplies, books, science experiments, computer programming. She thrives when she uses both sides of her brain (which means your brain, of course). She is nourished when she is encouraged to see all sides and perspectives of every possible scenario. She loves to think outside the box.

Iamone – crown chakra – is not attached to the physical world, but she appreciates every aspect of human existence. She is nourished by meditation and her constant connection to universal energy within the creative source of all.

Lastly, what is the underlying message of this book?

When you know your chakras as you, you will know yourself as both human and divine energy. The main message I hope readers will take away is the importance of loving ourselves completely (via the chakra sisters) by knowing, accepting, and acting upon the highest qualities within us. When we end our inner conflict by recognizing when we are under a false Kundameanie spell, we can live in peace with ourselves and with each other. Like the byline of the book says: “Make friends with the inner allies who keep you healthy, laughing, loving, and wise.”

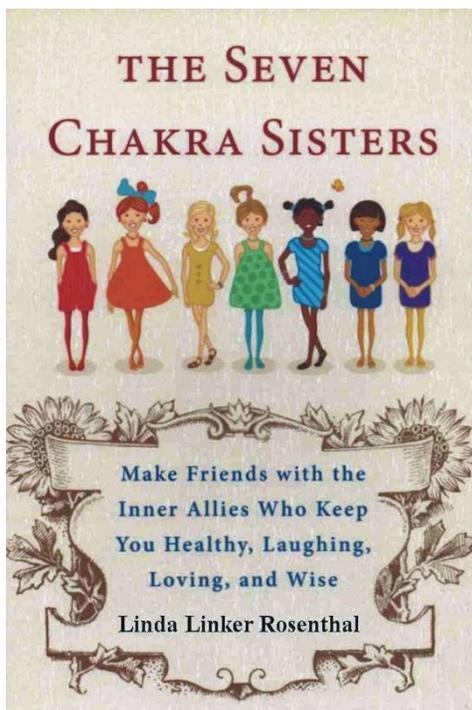


www.lindalinkerrosenthal.com

linda@lindalinkerrosenthal.com

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<https://www.facebook.com/LindaLinkerRosenthal>



Dr. Linda Linker Rosenthal is the innovative heart behind Insight Out Visionary Healing Arts Center in NW Indiana with a foundation in metaphysical healing and transpersonal psychology. Linda’s personal journey led her through the maze of co-dependency in a 30 year marriage with her husband’s addictions, to healing herself and becoming a compassionate holistic health advocate for others. Her story and down-to-earth approach to spirituality has inspired and transformed the lives of thousands of people for over 20 years, guiding them to ignite their own loving Light, awaken to their soul’s purpose, and live a life of forgiveness, self-acceptance, and joy. Linda’s magnetic energy brings integrity, clarity, love, and

humor to her work as an energy healer, speaker, and teacher. With co-creative leadership skills she is currently working as an Agent of Conscious Evolution at national Convergences and New Thought gatherings. Linda is the recording artist of Reiki Rhythms – Remembering Sacred Sounds, and the author of 3 imaginative books on healing and Higher Consciousness, including her newest

award winning book, *The Seven Chakra Sisters – Make Friends with the Inner Allies Who Keep You Healthy, Laughing, Loving, and Wise*.

Dr. Linda Rosenthal will be a presenter at ‘Celebrate Your Life...with Love’, a conference with international bestselling authors in Scottsdale, AZ, February 14 16, 2014.

Katherine Weber-Turcotte is a regular contributing writer for Herb Quarterly magazine since 2008. Her articles have appeared in Llewellyn Publishing’s Herbal and Magical Almanac. Katherine’s latest article, Sensational Succulents, is now out in the winter issue of Herbs Quarterly Magazine.

Currently, Katherine is working on her first book “Embracing Your Inner Crone”. Join her on Facebook in her group by the same title and feel free to friend her on FB as well.

If you’d like to be considered, or have a suggestion, for a feature interview for your book or online course/class please contact Katherine at kathy@enchantedwoodherbs.com.

You can find Katherine at:

Enchanted Wood Wytchery - <http://www.enchantedwoodwytchery.blogspot.com>

Enchanted Wood Musings – <http://www.enchantedwoodmusings.blogspot.com/>

